

What is claimed is:

1. A nasal dilator kit for use in nasal passages, comprising  
a plurality of at least four cylindrical tubes having a length to width ratio of no  
more than one, the plurality of tubes being in two substantially identical sets, each set  
including tubes varying substantially uniformly in major cross-sectional dimension from  
5 about approximately .375 inches o.d. to about approximately .75 inches o.d.
2. The nasal dilator kit of claim 1, each tube of the plurality of tubes including  
an outwardly extending rim at one end about the periphery of the tube.
3. The nasal dilator kit of claim 1, each tube of the plurality of tubes including  
a tab extending substantially parallel to the axial direction of the cylindrical tube from  
one end thereof.
4. The nasal dilator kit of claim 1, each tube of the plurality of tubes including  
a differential in effective width in a nasal passage angularly about the cylindrical tube.
5. The nasal dilator kit of claim 4, each tube including a maximum and  
minimum cross-sectional o.d.
6. The nasal dilator kit of claim 4, each tube including a differential in  
compressive stress to strain ratio angularly about the cylindrical tube.
7. The nasal dilator kit of claim 1, each tube of the plurality of tubes including  
a differential in compressive stress to strain ratio angularly about the cylindrical tube  
with the maximum ratio and minimum ratio being at about 90° to one another.
8. The nasal dilator kit of claim 7, each tube of the plurality of tubes including  
a tab extending substantially parallel to the axial direction of the cylindrical tube from  
one end thereof.

9. The nasal dilator kit of claim 7, each tube of the plurality of tubes being a right circular cylinder.

10. The nasal dilator kit of claim 7, each tube of the plurality of tubes including a diametrically extending septum.

11. The nasal dilator kit of claim 10, each septum including a tab extending substantially parallel to the axial direction of the cylindrical tube from one end thereof.

12. The nasal dilator kit of claim 1, the tubes each including an outside surface having surface height variations thereon.

13. The nasal dilator kit of claim 1, further comprising a plurality of connecting members extending between tubes of like major cross-sectional dimension from each set.

14. A nasal dilator comprising a cylindrical tube having a length to width ratio of no more than one, the tube including an outwardly extending rim at one end about the periphery of the tube.

15. A nasal dilator comprising a cylindrical tube having a length to width ratio of no more than one, the tube including a differential in compressive stress to strain ratio angularly about the cylindrical tube with the maximum ratio and minimum ratio being at about 90° to one another.

16. The nasal dilator of claim 15, the tube including a tab extending substantially parallel to the axial direction of the cylindrical tube from one end thereof.

17. The nasal dilator of claim 15, the tube being a right, circular cylinder.

18. The nasal dilator of claim 15, the tube including a diametrically extending septum.

19. The nasal dilator of claim 18, the septum including a tab extending substantially parallel to the axial direction of the cylindrical tube from one end thereof.

20. A nasal dilator comprising  
a cylindrical tube having a length to width ratio of no more than one, the tube including a differential in effective width in a nasal passage angularly about the cylindrical tube.

21. The nasal dilator of claim 20, the tube including a tab extending substantially parallel to the axial direction of the cylindrical tube from one end thereof.

22. The nasal dilator of claim 20, the tube being a right, non-circular cylinder.

23. The nasal dilator of claim 22, the tube being an oblong cylinder.

24. The nasal dilator of claim 22, the tube being a radiused cornered rectangular cylinder.

25. Nasal dilation comprising  
selecting one from a plurality of tubes of different diameters each having a length to width ratio of no more than one;

inserting the one tube into a nasal passage such that the tube does not extend in  
5 the nasal passage to adjacent the upper lateral cartilage and does not extend  
substantially from the end of the nasal passage.

26. The nasal dilation of claim 25, each tube including a differential in effective width in a nasal passage angularly about the cylindrical tube, the nasal dilation further comprising

rotating the tube to achieve a desired maximum fit with the nasal passage.

27. The nasal dilation of claim 25, each tube including a differential in compressive stress to strain ratio angularly about the cylindrical tube with the maximum ratio and minimum ratio being at about 90° to one another, the nasal dilation further comprising

5 rotating the tube to achieve a desired fit with the nasal passage.